



# DECEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Washington County</b> <b>To Contact a Breastfeeding Counselor near you:</b> Breastfeeding Support Line: (240) 313-3311 Mailbox 2: Crescent Trumpower, BF Peer Counselor Urgent BF concerns: (240) 313-3335		<b>1</b> La Leche League 6:30 pm – 8 pm – 12 pm, call Megan for info: 301-665-9226 Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	<b>2</b>	<b>3</b> 10am Breastfeeding Support Group 3pm Spanish Prenatal Breastfeeding Class	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	<b>9</b>	<b>10</b> 10am Breastfeeding Support Group	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	<b>16</b>	<b>17</b> 10am Breastfeeding Support Group 3pm Spanish Prenatal Breastfeeding Class	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	<b>23</b>	<b>24</b> 10am Breastfeeding Support Group	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	<b>30</b>	<b>31</b>	<b>Services:</b> ☎ Peer Counseling ☎ Weekly BF classes 1-on-1 instruction on “Getting Started” with BF (positioning, latch, sleepy baby, growth spurts, etc.)	



# JANUARY 2016

Maryland WIC  
Better Nutrition Brighter Future

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<b>Washington County)</b> <b>To Contact a Breastfeeding Counselor near you:</b> Breastfeeding Support Line: (240) 313-3311 Mailbox 2: Crescent Trumppower, BF Peer Counselor Urgent BF concerns: (240) 313-3335		<b>Services:</b> ☛ Peer Counseling ☛ Weekly BF classes 1-on-1 instruction on "Getting Started" with BF (positioning, latch, sleepy baby, growth spurts, etc.)			1	2
3	4	5 La Leche League 6:30 pm - 8 pm, call Megan for info: 301- 665-9226  Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	6	7 10am Breastfeeding Support Group	8	9
10	11	12 Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	13	14 10am Breastfeeding Support Group 3pm Spanish Prenatal Breastfeeding Class	15	16
17	18	19 Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	20	21 10am Breastfeeding Support Group	22	23
24/31	25	26 Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	27	28	29	30



# FEBRUARY 2016

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<b>Washington County)</b> <b>To Contact a Breastfeeding Counselor near you:</b> Breastfeeding Support Line: (240) 313-3311 Mailbox 2: Crescent Trumpower, BF Peer Counselor Urgent BF concerns: (240) 313-3335			<b>Services:</b> ☎ Peer Counseling ☎ Weekly BF classes 1-on-1 instruction on "Getting Started" with BF (positioning, latch, sleepy baby, growth spurts, etc.)			
	1	2 La Leche League 6:30 pm – 8 pm, call Megan for info: 301-665-9226 Myth Busters/Getting to the truth about the benefits of breastfeeding/11:00 am 4th Annual Learn and Latch Café in Celebration of World Breastfeeding Week 11am - 12noon	3	4 10am Breastfeeding Support Group 3pm Spanish Prenatal Breastfeeding Class	5	6
7	8	9 Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	10	11 10am Breastfeeding Support Group	12	13
14	15	16 Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	17	18 10am Breastfeeding Support Group 3pm Spanish Prenatal Breastfeeding Class	19	20
21/28	22/29	23 Myth Busters/Getting to the truth about the benefits of breastfeeding 11:00 am	24	25	26	27